

Why do we cry tears of joy?

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The Telegraph:

It may seem like a strange response: to break down in tears when you are happy.

But now a group of psychologists say they have found the reason why, and that crying tears of joy may well be the body's way of restoring "emotional equilibrium".

The psychologists say that, by responding to an overwhelmingly positive emotion with a negative one, people are able to recover better from strong emotions.

Oriana Aragon, the lead author of the report which will be published in the journal *Psychological Science*, said: "People may be restoring emotional equilibrium with these expressions.

"They seem to take place when people are overwhelmed with strong positive emotions, and people who do this seem to recover better from those strong emotions."

Read the whole story: [*The Telegraph*](#)